

#### YWCA NRI "Family Health Insurance Information and Resources Workshop"

**APRIL 1, 11:30AM** 

YWCA NRI

514 Blackstone Street, Woonsocket, RI

Right Care, Right Now, Right Near You presented by Neighborhood Health Plan of RI. Reservations necessary.

CONTACT: JOYCE DOLBEC, 769-7450

# YWCA NRI "Kick Butts Day"

APRIL 2, 9AM - 6PM

YWCA NRI

514 Blackstone Street, Woonsocket, RI

Parents pledge to not smoke in their homes or cars. Information, referrals, and resources will be available.

CONTACT: JOYCE DOLBEC, 769-7450

#### Providence Center Kick-off Walk

**APRIL 3, 11AM - 12:30PM** 

528 North Main Street, Providence, RI

CONTACT: JETZABEL MILLS, 276-6176

### Nutrition & Culture, Let culture be your guide

APRIL 4, 10AM - 2PM

St. Michael's Church, Providence, RI

Join us to kick off a multicultural event displaying cultural beliefs around nutrition and healthy eating habits. Refugees from Africa and the Middle East will share their cultural and traditional values with other community members, and there will be cooking demonstration. Childhood Lead Action Project will be demonstrating preventative measures to block lead poisoning in homes.

CONTACT: BAHA SADR, 784-8611

#### "Search Your Heart Program" Classes

APRIL 7 & 21, 10:30AM - 11:30AM

Campus of Learners

69 Memorial Drive, Woonsocket, RI

In collaboration with the American Heart Association, this program provides education on heart disease to raise awareness of heart-health disparities especially in the African American community.

CONTACT: JOYCE DOLBEC, 769-7450

## YWCA NRI "Family Fun Night"

APRIL 8, 6PM - 8PM

YWCA NRI

514 Blackstone Street, Woonsocket, RI

Join us for physical and social family activities. Health and wellness information and resources available.

CONTACT: JOYCE DOLBEC, 769-7450

#### **Unnatural Causes**

**APRIL 8, 2:30PM - 4PM** 

Rhode Island State House, Room 31

Representative Donna Walsh invites you to view the nationally acclaimed documentary Unnatural Causes. Follow-up conversation will focus on the issue of health disparities and the future of comprehensive healthcare reform in our state and nation.

CONTACT / RSVP: IVETTE LUNA, 401-463-5368, IVETTE@OCEANSTATEACTION.ORG

### Healthy Cooking and Nutrition Demonstration and Workshop

**APRIL 9, 10AM - 12PM** 

Dominica Manor

100 Atwells Avenue, Providence, RI

The Providence Housing Authority has partnered with the University of Rhode Island Nutrition Program to provide a healthy cooking and nutrition workshop for the residents in this high rise development.

CONTACT: BARTOLA OVALLES, 709-6405

#### **Nutrition Fair**

**APRIL 9, 11AM – 1PM** 

The Genesis Center 620 Potters Avenue, Providence, RI

Students from different countries will prepare healthy traditional dishes based on information that they have gotten from the nutrition class provided by staff from URI Stamp Food Educational Program. Recipes will be available.

CONTACT: NANCY FRITZ / RITA SILVA, 781-6110

#### Providence Center Health Fair

APRIL 10, 10AM - 11:30PM

528 North Main Street, Providence, RI

A health fair with a variety of resources and health education events.

CONTACT: JETZABEL MILLS, 276-6176

#### Cambodian New Year

APRIL 16, 1PM - 4PM

Providence Center Community Room 528 North Main Street, Providence, RI

Celebrate a traditional Cambodian

New Year with a twist. Traditional foods will
be prepared in a much healthier way. A

New Year dance will performed and
traditional dress attire will be worn.

CONTACT: JETZABEL MILLS, 276-6176

#### YWCA NRI 9th Annual Hearing & Health Screening Fair

**APRIL 18, 10AM - 2PM** 

Elk's Hall

280 Social Street, Woonsocket, RI

Free hearing and health screenings, health and wellness sessions, nutrition and CPR demonstrations, walking club, information, referrals, resources, and free raffles.

CONTACT: JOYCE DOLBEC, 769-7450

#### Woodlawn Wellness Weekend

**APRIL 18, 10AM - 3PM** 

Woodlawn Community Center 210 West Avenue, Pawtucket, RI

A family wellness event that will showcase healthy choices for our life, including health screenings, a cooking demonstration, a group walk, sample exercise options, planting/gardening demonstrations and education, nutrition information, family health care options, and children's activities. There will be food available, music and dance.

CONTACT: JOAN SOMOZA, 475-7632

#### Shoot With Your Kids!

**APRIL 21, 6PM - 8PM** 

Laurel Hill Elementary School, Providence, RI

Please join us for free health screenings, raffle prizes, food, a basketball shootout competition for parents and their children, and health education for all ages!

CONTACT: JENNIFER CHAVES, 274-6339 X14



#### 2nd Annual Congratulations on a Job Well Done

**APRIL 23, 11AM - 1PM** 

West End Community Center 109 Bucklin Street, Providence, RI

A celebration luncheon for the Diabetic Support Group and the Teen Mom Walking Group. To include healthy lunch prepared by the West End Community Center, and a demonstration and discussion of preparing cultural foods in a more diet-friendly way provided by the URI Nutrition team in English and Spanish. Raffles, games and prizes that will lead to better health in the coming year.

CONTACT: YANERY GARCIA-CABRAL, 277-3632

#### African Health Summit

**APRIL 25, 10AM - 2PM** 

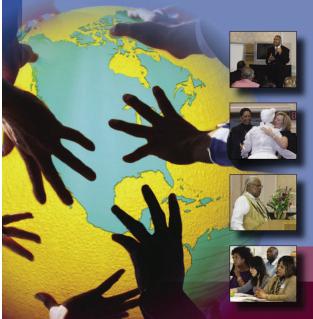
St Paul's Church 445 Elmwood Avenue, Providence, RI

The annual African Health Summit is centered on the theme of Health Education Leads to Prevention. Focus will be on diabetes prevention, and will include notable speakers, BMI screenings, vision screenings, and blood pressure screenings.

CONTACT: JULIUS KOLAWOLE, 255-6944

From Disparities to Equity:
The Power to Make Change





New England Regional Minority Health Committee presents the 6th New England Regional Minority Health Conference October 14, 15 & 16, 2009 • Westin Hotel • Providence, RI

# Early Bird Registration Begins February 25, 2009

To register online visit our website, www.nermhc.com.

Conference hosted by the Rhode Island Department of Health

For more information, visit www.nermhc.com



#### For more information